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Go from flab to flat

Want a belly you'd be proud to show off this beach season? Here's a tip for you: Lay off the bananas and nuts

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Boy charged in SkyTrain theft, assault

14-year-old has had nearly 50 run-ins with officers, say transit police

PAGE 3

Feds enlisting teenagers in bullying fight

Trained youth expected to deliver anti-bullying workshops

PAGE 6

FIRST BILLING IN THE KILLING

PETER SARSGAARD TALKS ABOUT THE APPEAL OF MONOTONY AND WHY TV IS THE PLACE TO BE

PAGE 11



The city is accepting applications to operate cultural organizations in the Woodward's building in the Downtown Eastside. EMILY JACKSON/METRO

W2 wants back in at Woodward's

DTES. Race is on for prime cultural space with city entertaining competitive bids



EMILY JACKSON
emily.jackson@metronews.ca

W2 Community Media Arts will have to overcome more than a strained relationship with its landlord if it wants a second crack at the only public-access space at Woodward's.

The city gave the community media centre the boot from the storied Downtown Eastside building in late 2012 after W2 failed to pay about \$85,000 in amenity fees.

Now the city is holding an open competition for the prime real estate, even though W2 won the blessing of a resident committee to operate there in 2006.

W2 will compete for the

Deadline

Prospective tenants must attend an information meeting on June 11 and submit their applications by June 25 at 3 p.m.

low-rent space again, said W2 community liaison Sid Tan.

"The Downtown Eastside needs a media centre so they can tell their own stories — that's the bottom line," Tan said.

Had the city given W2 more time to earn cash — it was still in the startup phase when it got evicted — it could have been successful, Tan said.

"Frankly, it was a good idea then and it's a good idea now," Tan said, though he admitted the original plan was "quite ambitious."

This time around, W2 will just apply for the basement space in order to reduce overhead costs, Tan said, opening up room for a variety of appli-

cants.

But the resident committee's wishes won't give W2 a leg up in the contest.

No applicant will get preferential treatment, according to a city spokeswoman who said she couldn't be named, though only Vancouver-based, non-profit cultural organizations need apply.

And in a year where the city has drawn criticism for the shuttering of prominent cultural hubs such as the productions team at the Waldorf Hotel, it's a safe bet there will be a lineup for subsidized rent.

While the city won't speculate on which organizations are applying for the space, it does plan to keep Woodward's as a cultural-amenity space that will benefit the residents of the Downtown Eastside, the spokeswoman said.

An advisory panel including representatives from the Downtown Eastside community, the cultural sector and the non-profit sector will choose the ultimate tenant or tenants.

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Teen with 49 run-ins with police arrested for assault with knife

Incident at SkyTrain station. Coquitlam 14-year-old charged with multiple offences, will remain in custody until his next court appearance on June 11



EMILY JACKSON
emily.jackson@metronews.ca

Transit police arrested a 14-year-old Coquitlam boy for assaulting a man with a knife and stealing his briefcase at Braid SkyTrain station in New Westminster on Saturday night.

It was the teen's 49th encounter with police, transit police spokeswoman Anne Drennan said.

According to transit police, the victim was waiting for a bus around 10 p.m. when he asked a group of teenagers, three girls and one boy, to stop kicking the nearby bike lockers.

The boy told the victim to back off because he was on

drugs before advancing with a knife, transit police say.

They allege the victim kicked the boy, and as the boy ran away, he grabbed the victim's briefcase. One of the girls allegedly punched the victim in the face when he tried to recover it.

The two teens jumped on the train but were arrested at Lougheed station three hours later, according to transit police. Authorities found the victim's briefcase in a garbage can at Braid station.

The boy has been charged with assault with a weapon, theft under \$5,000 and breaching release conditions for two previous robbery charges.

He will remain in custody until his next court appearance on June 11.

The girl was released with charges pending.

While it may be "hard to believe" a 14-year-old has racked up 49 run-ins with police, involving theft, drugs, robberies and breaching conditions, the situation is not unprecedented, Drennan said.

The two teenage girls arrested for a stabbing spree at



The Expo Line SkyTrain passes through False Creek. A 14-year-old Coquitlam boy is accused of assaulting a man with a knife at Braid SkyTrain station in New Westminster on Saturday night. JENNIFER GAUTHIER/METRO FILE

SkyTrain stations across the Lower Mainland in March have had more than 140 contacts with police, she said.

Young offenders are often

released on conditions when arrested, but many seem to take the conditions as a "joke" and breach them immediately and repeatedly, she added.

"It's a major problem. The revolving door is a problem for all chronic offenders but it seems to be more so with juvenile offenders."

British Columbia's carbon-tax freeze may still thaw

An election promise by Premier Christy Clark to freeze B.C.'s carbon tax may not be etched in stone.

In the leadup to the May election, Clark announced her government would hold the carbon tax at \$30 per tonne of CO2 emissions (about seven cents per litre for gasoline) for the next five years.

She said the move would

give other jurisdictions time to catch up to B.C.'s progress, while allowing the province to remain competitive.

However, the B.C. Ministry of Environment said in a statement late on Monday that it may "review and consider changes to the carbon tax" when other North American jurisdictions introduce similar levies.

Other jurisdictions, especially those in the Pacific Northwest, are already considering implementing such levies.

In April, Washington Gov. Jay Inslee signed a climate-change study bill to form a working group to investigate ways the state can reduce its greenhouse-gas emissions. Among the measures the

group will review is B.C.'s revenue-neutral carbon tax.

Tom Pedersen, director of the Pacific Institute for Climate Solutions, said it's no wonder Washington is looking to B.C.'s carbon tax for solutions.

Since its introduction in 2008, the levy has reduced per capita fuel consumption by 16 per cent and decreased emissions by 4.5 per cent between

2007 and 2010. Meanwhile, Pedersen said the tax has helped stimulate innovation in the green-tech sector.

"We're changing a culture. We're changing how we produce and use energy," said Pedersen, who is among a panel of experts who will discuss the benefits of carbon taxation at the University of Victoria on Tuesday. ELIZABETH HAMES/METRO

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Langley man charged with 3 counts of child pornography

Executed warrant.

Charges include making child pornography for purpose of distributing child pornography

A 35-year-old man faces charges of making, distributing and possessing child pornography after B.C. RCMP's integrated child exploitation unit seized a

number of items from a Langley residence.

Police began investigating the child pornography allegations in early May and executed a warrant to search the residence on May 29. The information used to obtain the warrant is sealed and the police will not discuss specifics of the investigation or what was seized.

"The investigation into the possession, making and making available of child por-

nography remains a priority," Staff Sgt. Bev Csikos said. "We remain committed to working with our local, provincial, national and international partners to target those involved in child pornography."

Glenn William Schulz, 35, has been charged with making child pornography for the purpose of distribution or sale; transmitting, making or distributing child pornography; and possessing child pornography

from Nov. 15, 2012, to March 28, 2013. Schulz was released on \$10,000 bail with the conditions forbidding him from being near or in the company of children younger than 16 in public places or being alone with any female younger than 16. His access to the Internet and devices that can access the web has also been restricted.

Schulz is scheduled to appear in Surrey provincial court on June 20. **EMILY JACKSON/METRO**

Burnaby. Convicted sex offender may be at large

Burnaby RCMP are warning residents a convicted sex offender may be at large in their city.

Ronald Currie Miljure, 35, was reportedly convicted of sexually assaulting three sex workers in the Vancouver area and was sentenced to six years in prison for the crime. Police say he has ties to the area and is at a high risk to reoffend.

Miljure is said to have serious substance-abuse issues relating to alcohol and crystal meth.

He is described as an aboriginal male approximately six-foot-three in height and weighing 194 pounds. Police say he has a scar on his left hand's middle finger, and a damaged right eye. His arms are also reportedly covered in tattoos, including a Celtic cross on his left forearm, a Tasmanian devil on his left upper arm, skulls on his right arm and a koi fish on his left forearm.

If you see Miljure, do not to approach him. Call 911 immediately. **ELIZABETH HAMES/METRO**



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China

Over 100 perish in slaughterhouse fire

Fire swept through a poultry-processing plant in north-eastern China on Monday, trapping workers inside a slaughterhouse with only a

single open exit and killing at least 119 people in one of China's worst industrial disasters in years.

Survivors described panic as workers, mostly women, struggled through smoke and flames to reach doors that turned out to be blocked.

The accident highlights

the human cost of China's lax industrial-safety standards.

Dozens were also injured in the blaze, which appeared to have been sparked by three explosions, according to Xinhua News Agency. The provincial fire department attributed the blasts to an ammonia leak. **THE ASSOCIATED PRESS**

Turkey

U.S. asks protesters, police to keep peace

The Obama administration voiced concern Monday over Turkey's crackdown on protesters and urged all sides to keep from violence.

Spokesman Jay Carney said all democracies have to work through issues but expects the U.S. ally to do so while respecting its citizens' rights.

Police in Turkey have used tear gas for a fourth day to disperse demonstrations that have spiralled

into the country's biggest anti-government disturbances in years.

Secretary of State John Kerry said the U.S. is following the situation closely and is troubled by reports of injuries and excessive force by police.

THE ASSOCIATED PRESS



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Ottawa to fund anti-bullying program

'Important and timely.' In light of recent suicides, feds and Red Cross partner up to train 2,400 young people across Canada



JOE LOFARO
Metro in Ottawa

The federal government announced funding for a program aimed at eliminating bullying among youth, after recent teen suicides have sent educators and parents looking for ways to protect young people.

Heritage Minister James Moore announced support for a Canadian Red Cross anti-bullying

A life cut short



Jamie Hubley had been a figure skater, and the only openly gay student at A.Y. Jackson High School in Kanata, Ont.

took his own life in 2011 after being bullied for being openly gay.

Moore said the government is partnering with the Red Cross, which will train 2,400 youth between the ages of 13 and 17 to deliver in-class workshops to other youth across Canada.

Hubley called the project "important and timely" in light of the recent suicides of Amanda Todd and Rehtaeh Parsons.

"Canadians such as my family have paid too high a price and want meaningful progress before other families must carry the burden of losing someone special like my boy, Jamie, who only wanted safer communities for everyone," said Hubley.

VIA Rail plot

Suspect can't find lawyer who'll use Qur'anic defence

A terror suspect charged in an alleged plot to attack a VIA Rail passenger train is having difficulty finding a lawyer who will try to convince a court to judge him against the Qur'an.

Chiheb Esseghaier appeared in a Toronto court via video link on Monday to discuss his attempts to find legal aid representation — a process that has so far been unsuccessful due to the specific and unusual demands he has made.

"I want that the lawyer help me to change the reference of my case from the laws used by humans to the laws of the holy book," he told the court. "I cannot take a lawyer who is not able to fulfil my need."

When asked by the presiding justice of peace if he fully understood the proceedings, Esseghaier, who was wearing an orange jumpsuit and sported a full beard, said he did.

THE CANADIAN PRESS

Report. Sleeping conditions still causing infant deaths

The rate of infant deaths associated with unsafe sleep environments hasn't changed despite increased awareness, according to a report released Monday.

Of the 131 infant deaths studied by Ontario's Office of the Chief Coroner last year, 37 per cent were found in unsafe environments, according to the report of the Paediatric Death Review Committee and Deaths Under Five Committee.

The children died with no

findings on autopsy, but were in unsafe sleep environments, said Dr. Dirk Huyer, the committee's chairman.

"What we don't know is whether that directly caused the death or whether it's specifically associated with it," he said. "But we do know ... epidemiologically and through study that children have a greater risk of dying in unsafe sleeping environments."

THE CANADIAN PRESS

Soccer turban ban. Sikhs 'can play in their backyard'

The Quebec Soccer Federation says if Sikh kids want to play soccer while wearing a turban, they can play in their own yard.

Brigitte Frot, the director general of the federation, was asked Monday what she would tell a boy in a turban who shows up to play soccer.

"They can play in their backyard but not with official referees, not in the official rules of soccer," Frot replied.

Quebec referees have begun

cracking down on the religious headgear in the last year. The weekend decision to uphold the ban was upheld despite a directive from the Canadian Soccer Association in April calling for provincial associations to allow them.

Quebec is the only province that has balked at allowing turbans on the pitch. An estimated 100 to 200 children are left unable to play as a result.

THE CANADIAN PRESS



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CRTC cracks 3-year cell contracts

Wireless code. Telecom regulator's new national standards let customers cancel agreements after 2 years without penalties

Cellphone customers will be able to walk away from their contracts after two years without any early-cancellation penalties under a set of new rules

unveiled Monday by the CRTC.

But the Canadian Radio-television and Telecommunications Commission didn't go as far as an outright ban on the controversial three-year contracts that are so widely hated by many Canadians.

Instead, customers will only have to pay the remaining value of the device subsidy if they opt out of their contracts after two years. That means if a customer bought a \$600 phone for \$99

on a three-year plan, they only have to pay the remaining balance on the device itself to get out of the contract early.

"We didn't focus on the length of the contract, we focused on the economic relation," CRTC chairman Jean-Pierre Blais said in an interview.

"So, in effect, it's equivalent to those asking for a ban of a three-year contract without us actually banning three-year contracts, because what we're

saying is the contract's amortization period can only be for a maximum period of 24 months."

The code, which all service providers in Canada will have to abide by, will apply to new wireless contracts beginning Dec. 2. As part of the code, the CRTC is also capping extra data charges at \$50 per month and international data roaming charges at \$100 per month.

THE CANADIAN PRESS



Glazed and confused

Is it a dessert? Is it a brunch food? Is it really such a good idea? Dunkin' Donuts is adding this doughnut breakfast sandwich — that is, fried eggs and bacon between a split glazed doughnut — to its U.S. menu this week. The sandwich clocks in at 360 calories, which is less than the 390-calorie turkey sausage sandwich the chain recently introduced for people looking to eat better.

JAMES SCHERER/DUNKIN' BRANDS INC./THE ASSOCIATED PRESS

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Finding the meaning of life on death row

The Killing. Peter Sarsgaard's role as a sinister inmate who killed his wife has him thinking about the morality and ethics of the death penalty

MATTHEW PRIGGE

Metro World News in New York

The third season of AMC's crime procedural *The Killing*, which premiered Sunday, has a new storyline and some new cast members. Among the neophytes is Peter Sarsgaard, a talented actor who's been among the best things in *Boys Don't Cry*, *Garden State*, *Shattered Glass* and *An Education*. In his first season-long television stint — which he was still shooting when we talked — Sarsgaard plays Ray Seward, a sinister death row inmate who killed his wife.

What are the challenges of playing a death row inmate?

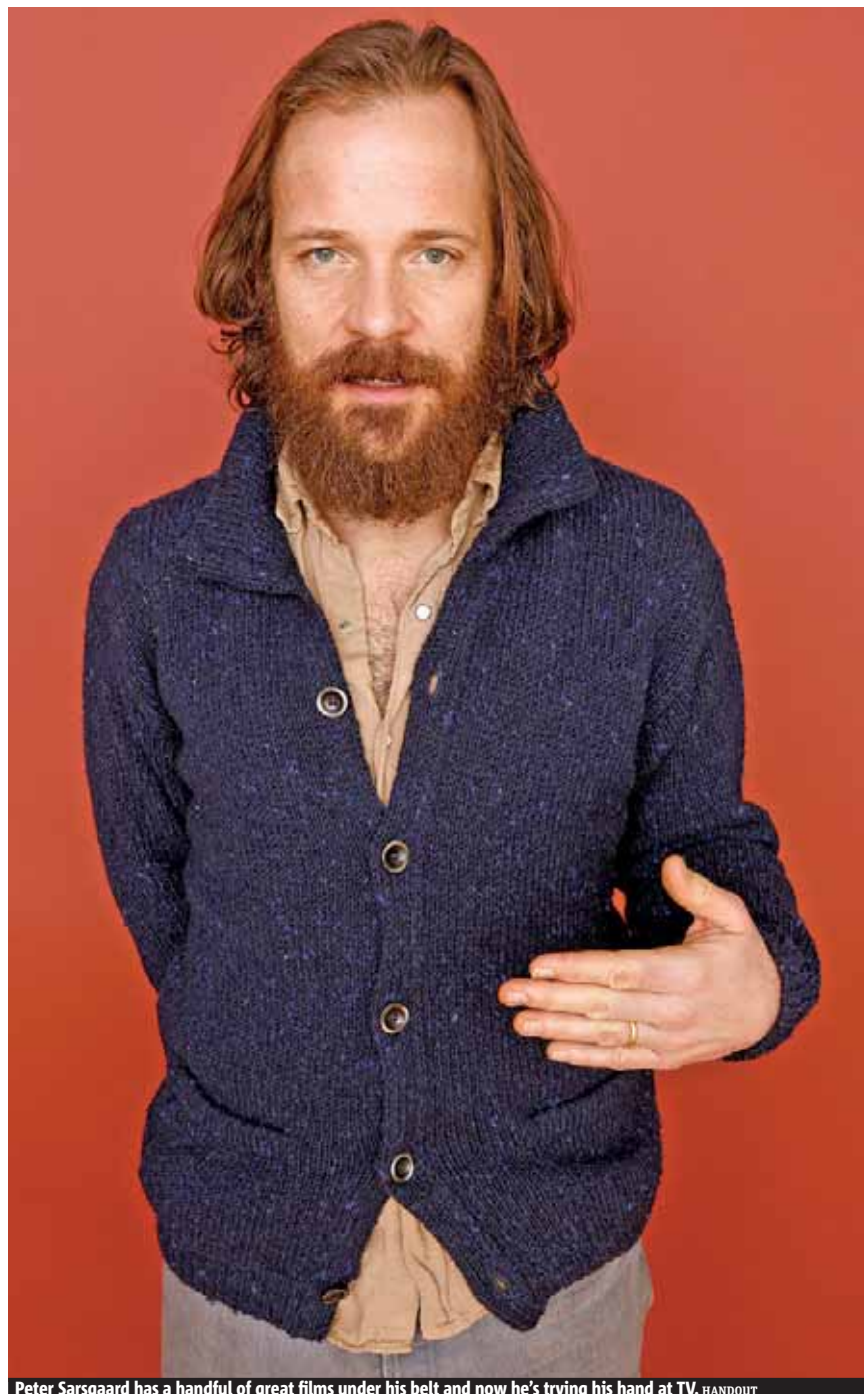
So much of my story takes place in the same spot. In a lot of movies, there's the car chase, the scene at breakfast, the sex scene. This is about always going to the same cell. You have to find ways of doing a different dance on the same dance floor.

Were those challenges what drew you to *The Killing*?

Those, and also because the issues interested me. I'm very much against the death penalty. It's very easy to do a piece about someone who's been railroaded by the system who's innocent. If you don't believe in the death penalty, you have to take an extreme circumstance — someone who's indefensible — to see if it still applies. Otherwise, the death penalty applies in some cases.

What made you want to work on TV?

Just this show. I always really liked this show. I thought this material was better than some of the film stuff I was being offered. It seemed



Peter Sarsgaard has a handful of great films under his belt and now he's trying his hand at TV. HANDOUT

there was more of a role there.

There's much less of a fear these days for serious actors to do TV.

So many of my favourite actors are on television. So, if you want to act with them you have to be on

television.

How is TV acting different from stage or film acting?

It's really fast. And because you don't know the show as well as the show runners or the writers, you're more at their mercy. On a film you'll know the whole

story, and you'll go up to the director and say, "Oh, this doesn't seem right to me, this entire scene." And we'll work on it or they'll tell me to shut the f— up. There's more interaction about content. But on TV, with a series like this, you just have to trust them.

DVD reviews



A Good Day to Die Hard

Director. John Moore

Stars. Bruce Willis, Jai Courtney

The *Die Hard* series sells the lone wolf concept — Willis vs. global terrorists — yet deep down, it's really about family reunification. Good thing, too, because the violence gets old fast. The thump-thump-thump of the heart may be hard to discern behind the rat-tat-tat of machine gun fire, but the love has always been there. *Die Hards* 1-3 sought to return cowboy cop John McClane (Bruce Willis) to the shaky embrace of his wife (Bonnie Bedelia); the fourth film, *Live Free or Die Hard*, had McClane rescuing his adult daughter (Mary Elizabeth Winstead). Now comes chapter five, *A Good Day to Die Hard*. It moves the divorced and retired McClane to Moscow while reuniting him with his son Jack (Jai Courtney of TV's *Spartacus: Blood and Sand*). Willis and Courtney make a strong match, believable both as fractious family members and also as sarcastic adversaries forced by circumstances to work together. The family that yippee-ki-yays together, stays together.

Escape to Planet Earth

Director. Cal Brunker

Stars. Brendan Fraser, Rob Corddry

This animated sci-fi chuckler about aliens trapped on Planet Earth somehow manages to elude tedium, despite being a revisionist rip of rival 'toons. It's got a lead character (Brendan Fraser) much like Buzz Lightyear from *Toy Story*, who gets into all kinds of intergalactic mischief with beasties and humanoids resembling the inhabitants of *Monsters vs. Aliens*, *Monsters, Inc.*, *The Hitchhiker's Guide to the Galaxy* and many other similar entertainments. The central premise isn't terribly new, either, with everyone from E.T. to TV's *Alf* and *Mork & Mindy* having already gone down this interstellar path.

PETER HOWELL

2 SCENE



Will Arnett ALL PHOTOS GETTY IMAGES

Will to live, happily: Arnett pumping some iron post-divorce

Arrested Development star Will Arnett found a very healthy and productive way to deal with his split from ex-wife Amy Poehler: hitting the gym. "If going to the gym obsessively for eight, nine months was my way of dealing, then let that be my worst problem," Arnett tells *Details* magazine. "Life is challenging, and I'd say that there's no guidebook — but there's about a million

guidebooks out there. All people have been doing since the dawn of time is trying to figure out how to live this life and be happy. I'm no different." As looking for romance post-divorce, Arnett says he's not quite ready. "I'm not officially dating," he says. "I don't know what you do. Do you put out an announcement in the trades? 'I'm dating!' It all seems very scary to me, to be honest."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jesse James' teen daughter heads to rehab



THE WORD
Dorothy Robinson
scene@metronews.ca

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, RadarOnline.com revealed yesterday. The site published troubling photos and video of Chandler, 18, inhaling crystal meth off of aluminum foil.

"It is an open secret here in Austin that Chandler and her friends party hard and get wired," said the "friend" who sold the video to Radar.



"It was getting pretty out of hand. If she didn't get help, who knows what could have happened." Chandler also apparently has a problem with "huffing."

James confirmed the news to Radar: "My daughter spent the month of April in a treatment facility getting help for addiction." James told RadarOnline.com, via email.

"She is out now and in recovery, actively participating in a 12-step AA (Alcoholics Anonymous) program."

Hard to counsel a family without the folks

Lindsay Lohan was hoping to get some family counselling in while under treatment at the Betty Ford Center, but it looks like that plan is off since neither her mother, Dina, or her father, Michael, could make it to the planned session over the weekend, according to Radar Online. "I didn't want a confrontation with Dina while Lindsay is in rehab," Michael tells the site. "I've decided to go home and see my baby." Lindsay, meanwhile, is not



Lindsay Lohan

taking too well to her time at Betty Ford, even with one of her three months of treatment under her belt. "She hates being at Betty Ford," a source says.

Twitter



@mindykaling

The Tesla is cool but I've always thought of it as kinda for dudes and also I can't afford it. I love the maybach but I need an entourage.



@ChloeGMoretz

Waking up before dawn, oh summer sunlight, it's light till 11 then light at 4



@JuddApatow

People think it is wrong to make goofy tweets when there is something awful in the news. There is always something awful in the news.



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Rules for a summer-flat stomach

Don't be the party pooper that refuses to take their top off all summer. Experts tell us how to get a flat stomach and fast

ROMINA MCGUINNESS
life@metronews.ca



Don't sip your cocktail using a straw

Bet that poolside cocktail was really refreshing and delicious. And that long straw meant you didn't even have to lift your head from the sun lounge in order to take a sip. "Big mistake!" says gastroenterologist Dr. Roshini Raj. "Drinking out of a straw causes you to swallow more air, which can lead to gas and bloating."

De-clog your digestive track

Eating too many nuts and bananas can cause constipation, says Raj. "Nuts are good for you in many ways (they're a rich source of plant protein and omega-3 fatty acids) but the gelatinous form that they take when digested means they tend to stick together and get stuck ... Bananas, especially when unripe, are full of starch, which has been shown to slow down digestion. If you suffer from constipation, stick to eating one a week," she adds.



Work your deep abdominals

"Do 30 minutes worth of cardio exercises, five days a week. This can be anything from jogging and spinning, to treadmill exercises," recommends Michele Olson, exercise physiologist at Auburn University in Montgomery. "You also want to be doing push-ups and planks because your abs fire strongly during these moves in order to stabilize your back. Do two reps of 10 push-ups followed by 10 side planks to each side."

Stay away foods that cause flatulence

Some foods produce more gas than others, making you feel full and bloated.

"Complex carbohydrates, found in some vegetables, including broccoli and cauliflower can cause gas. These foods contain sugars that are passed undigested into the colon where they are broken down by bacteria producing gas as a by-product. ... And if you're in the habit of stirring some Sweet'N Low into your morning coffee, beware. Artificial sweeteners can cause gas to get trapped in your belly," Michele Olson, exercise physiologist at Auburn University in Montgomery, said.

Never, ever skip meals

If you think that skipping meals, taking laxatives or stopping eating altogether is going to do the trick, then think again.

"All this will do is cause you to lose water and electrolytes, leading to dehydration. This then prompts your body to retain water, meaning you'll just pack back on whatever water weight you lost," says Raj.



The flat belly workout

Single Leg Glute Bridge

Lie on your back with your knees bent. Raise your hips and hold that position as you raise and lower your leg while keeping your hips up and level. Do 12 reps then switch legs.



Valslide Upside Down Snow Angel

Place a Valslide (an exercise tool that makes lower body exercises smoother) under each foot and come down into a plank position, with your forearms on the floor. Start with your feet together, then slide your legs open (out) without letting your hips drop. Slide your legs back together to complete one rep. Do 15.



Valslide 1 Arm Slide

Place a Valslide under each hand and get into a push up position. Slowly slide one hand out in front of you, and then bring it back. Then slide your other hand in front of you, and then back. Do 12 on each arm.



Valslide Sliding Crunch

Lie on your back, knees bent with feet in the air and a Valslide under each hand. Slide your hands away, curling your body towards your legs while keeping your arms straight, and your chin tucked in. Do 20.



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Anti-cancer turmeric trumps bread crumbs in pan-fried fish

This recipe replaces traditional bread crumbs with turmeric as a coating for pan-fried fish.

1. Beat egg in a shallow bowl with 1 tbsp of water.
2. Mix turmeric, whole-wheat flour, sea salt and white pepper in a separate bowl.
3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.
4. Warm a large skillet over

Ingredients

- 1 egg
- 1 tbsp water
- 2 tbsp turmeric (or curry powder)
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets
- 1 tbsp butter
- 1 tbsp grapeseed oil



This recipe serves four. SUBMITTED

medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes.

6. Set fish onto paper towel to absorb any excess fat. **THERESA ALBERT/MYFRIENDINFOOD.COM**

Health Solutions

Not a spice to sneeze at



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

It isn't a new spice by any means, but it could help you prevent cancer.

Turmeric is one of the most widely studied foods for its potential anti-cancer properties.

It has been shown to be anti-inflammatory and cell protective for all kinds of cancers from bowel to prostate.

It is a root that is dried and ground into a powder, which creates that yellow colour in curries.

Ways to work it in:

- Buy it in Asian or Indian markets

whole and grate it yourself for a fresher, more potent punch.

- Sprinkle some pure turmeric on a kitchen cut to stop the bleeding in its tracks.

- Add it to any tomato-based sauce, you won't taste or see it but it will boost the potency.

- Add to spice cakes or cookies.

- Stir into dips.

- Consume curries more often.

- Mix with water and use as a scrub on sensitive skin.

- Take as a supplement.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Next class
September 2013

Michael Douglas draws attention to the HPV risks

Health. The actor said that HPV, transmitted via cunnilingus, could cause throat cancer, which he was diagnosed with in 2010

ROMINA MCGUINNESS
Metro World News

Metro spoke to Dr. Julie Sharp, senior science communications manager at Cancer Research UK, about the link between oral sex and cancer.

What exactly is HPV?

"It's a virus that's normally transferred through actual physical contact (skin-to-skin or sex). Although it is, in most cases symptomless, it can cause things such as genital warts. HPV is very common. Eight out of 10 people will be infected with it at some point in their life even though in most cases, they won't know anything about it."

How can HPV cause cancer?
"There are hundreds of differ-



In an interview with the Guardian newspaper, Michael Douglas said that oral sex can cause throat cancer. GETTY IMAGES

ent types of HPV and around a dozen of them can increase the risk of cancer. They're more associated with cervical and genital cancer but can be linked to certain types of mouth and throat cancer, through things such as oral sex. HPV infections most commonly occur to the fingers, hands, mouth and genitals and can cause DNA damage in the cells. If it's going to cause cancer it can be that you are exposed to a high risk form of HPV just once, but obviously, the more sexual partners

you have, the more you're exposed to different types of HPV, increasing your risk of contracting one of the forms linked to cancer."

Douglas also claims that although cunnilingus was the reason he got cancer in the first place, it's one of the best cures. Is this true?

"I don't know what he's alluding to there. That doesn't have any basis in science or research. I'm also not sure how he's so certain that his cancer is linked to HPV."

Crossing the border of common decency

Soccer. Local-born U.S. player Leroux clarifies comments after friendly in Toronto, says she was racially abused in Vancouver

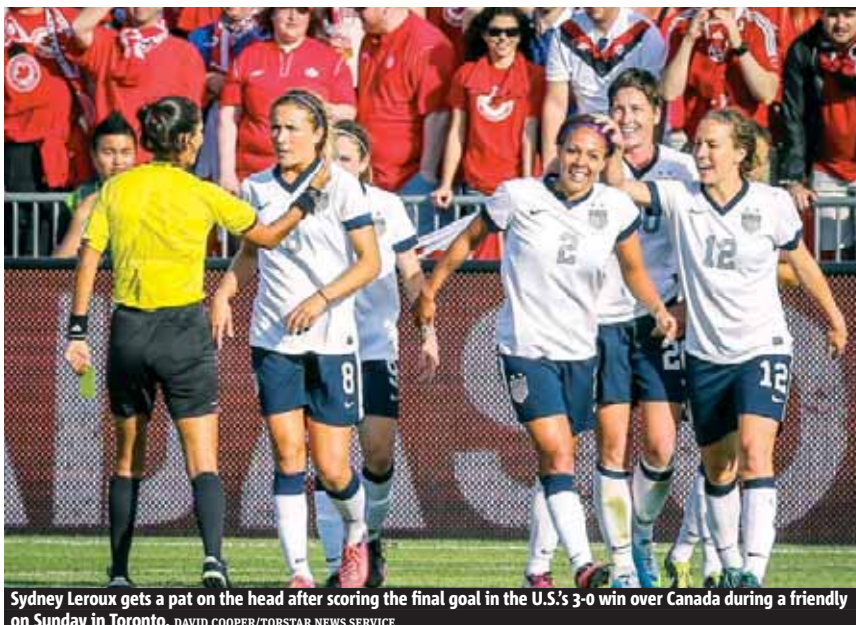
Sydney Leroux showed some love for Toronto after an emotional 24 hours that saw the Canadian-born U.S. soccer international inflame passions with a cheeky goal celebration and a tweet about racial slurs.

But while calling the atmosphere at Sunday's Canada-U.S. game in Toronto a "positive step forward for women's soccer," Leroux revealed she had been racially abused in her birthplace of Vancouver during last year's Olympic qualifying tournament.

The Canadian Soccer Association, while adding its voice against racism, noted that no complaint was ever filed at the time. Leroux, U.S. Soccer said, had chosen to stay silent.

But Leroux's open-ended tweet Monday opened up the issue.

The rising star, who was booed throughout Sunday's match by the sold-out crowd at BMO Field, scored the final goal in the 3-0 U.S. win.



Sydney Leroux gets a pat on the head after scoring the final goal in the U.S.'s 3-0 win over Canada during a friendly on Sunday in Toronto. DAVID COOPER/TORSTAR NEWS SERVICE

In celebrating her stoppage-time goal, she popped out her jersey to show the U.S. crest and put a finger to her mouth as if silencing the crowd.

On Monday morning, the 23-year-old — who was born in Vancouver to a Canadian mother and American father — took to Twitter to explain her actions.

"When you chant racial slurs, taunt me and talk about my family don't be mad when I shush you and show pride in what I represent. #america," Leroux tweeted.

The timing of the tweet led many to assume that the racial slurs in question happened at the game in Toronto.

Not so, U.S. Soccer clarified later in the day after the story took off. Leroux's tweet "was not in response to anything heard" at BMO Field, the U.S. governing body said in a statement.

U.S. Soccer said Leroux "has endured abuse both verbally and in social media," since switching her international

allegiance from Canada to the U.S. in 2008.

"The racial slurs to which she referred in the tweet occurred during the 2012 Olympic Qualifying Tournament in Vancouver in January of 2012 and revolved around her father, who is African-American," said the statement. "At the time, she chose not to address them."

"Since the match (Sunday), she has received a significant number of tweets that contained racial slurs, and her tweet this morning was in response to the last year and a half in which such abuse has occurred more frequently."

THE CANADIAN PRESS

NHL

Bowness lands quickly with Bolts

Rick Bowness has found new employment, less than two weeks after he was fired as the Vancouver Canucks' associate coach, in a move that included axing head coach Alain Vigneault and assistant coach Newell Brown.

Bowness, who spent seven seasons in Vancouver alongside Vigneault, was named as an associate coach with the Tampa Bay Lightning on Monday.

He joins head coach Jon Cooper's staff in Tampa Bay.

The hiring of Bowness gives the Lightning a seasoned coach with plenty of NHL experience. Cooper, who was hired as Tampa Bay's head coach on March 25, does not have a full year of coaching experience in the NHL.

"We are extremely pleased to add Rick Bowness to our coaching staff today," Lightning vice-president and general manager Steve Yzerman said in a statement.

"With 24 years of NHL coaching experience as both a head coach and an assistant, we are confident Rick will be a valuable addition. We look forward to having him behind the bench next season." METRO



Rick Bowness GETTY IMAGES FILE

Ugly Canadians?

"Racism has no place in our beautiful game and we all need to come together to make sure no players are subjected to this kind of treatment."

Vancouver-born soccer player Sydney Leroux, who said in a statement Monday that she has received racial taunts since deciding to play internationally for the U.S.

Reid learning to tutor teacher Norman

Angus Reid knows the time is coming. It's just a matter of when.

So, at this year's training camp, the longtime B.C. Lions centre is helping the CFL club prepare his replacement for the day when he retires.

"Some people, I know, would struggle with (grooming their successor)," said Reid, 36. "I kind of was the one that spearheaded the idea."

"I've played a lot of football in my life. I love this team. I want to help it win a championship, but I understand that my

days are near the end. I always thought my responsibility — or anyone's responsibility, (if) you have a job for a long enough time, is to transition the next person in, and help with that."

"I really enjoy the role. I have some wisdom to pass on, and I have no problem stepping back from time to time and letting the next person start growing."

Second-year pro Matt Norman is the heir apparent to assume the 13-year veteran's role when he finally hangs up his cleats. Norman, a 24-year-

Sage centre

"I have some wisdom to pass on, and I have no problem stepping back from time to time and letting the next person start growing."

Lions centre Angus Reid

old Chateaugay, Que., native quickly made an impact as a rookie last season.

He started after the Lions

offensive line ran into injury trouble a year ago. Coach Mike Benevides and general manager Wally Buono allowed Norman to leave the team early to get his teaching credentials at Western.

When the Lions ran into more injury woes in the playoffs, he returned to the club and played in the Western final.

"I think he's got the right mindset to be able to play centre, if that's exactly where they're going with this, and I'll do anything I can to help," said Reid. THE CANADIAN PRESS



Longtime B.C. Lions centre Angus Reid GETTY IMAGES

Horoscopes

Aries

March 21 - April 20

Your head will rule your heart today, but in a good way. Facts and figures are of the utmost importance, so make sure you know what's going on and what it might mean to your long-term plans.

Taurus

April 21 - May 21

There are times when it all seems to come together and this is one of them. Today's Mercury-Saturn link will clarify what before may have seemed confusing.

Gemini

May 22 - June 21

This is potentially one of the best times of the year for you and the closer you get to Saturday's new moon, the more you will follow your instincts and the happier you will be. Have fun.

Cancer

June 22 - July 23

Something you visualize today can be more than just an idle daydream. It could turn out to be enjoyable and lucrative if you're motivated to make it happen. Get up and get to it.

Leo

July 24 - Aug. 23

You may not want to seem mean, but if you give loved ones everything they ask for today, you may have nothing left for yourself. And if you're not happy, how can those around you be happy?

Virgo

Aug. 24 - Sept. 23

Go out of your way to be nice to people today, even though they may not always be nice to you. Someone in a position of power will be impressed by your ability to get along.

Libra

Sept. 24 - Oct. 23

Something you see or hear over the next few days will open your mind to the fact that the world is a bigger and more interesting place than you thought. Now all you need are some bigger goals.

Scorpio

Oct. 24 - Nov. 22

You may be a no-nonsense Scorpio but there is a kinder side to your nature that only those who know you well get to see. Try letting a few more people in on the secret today.

Sagittarius

Nov. 23 - Dec. 21

You may think you can do it alone but life will be so much easier if you have others by your side. What you most need today is someone with the patience to handle negotiations and read the small print.

Capricorn

Dec. 22 - Jan. 20

Do what you think is right, even if everyone around you seems to think it is wrong. If you follow your conscience today, it's unlikely you will stray far from the righteous path.

Aquarius

Jan. 21 - Feb. 19

Over the next few days, the right thing will happen at just the right time and those fears that have been invading your thoughts will just fade away. The upcoming new moon will give your confidence a boost.

Pisces

Feb. 20 - March 20

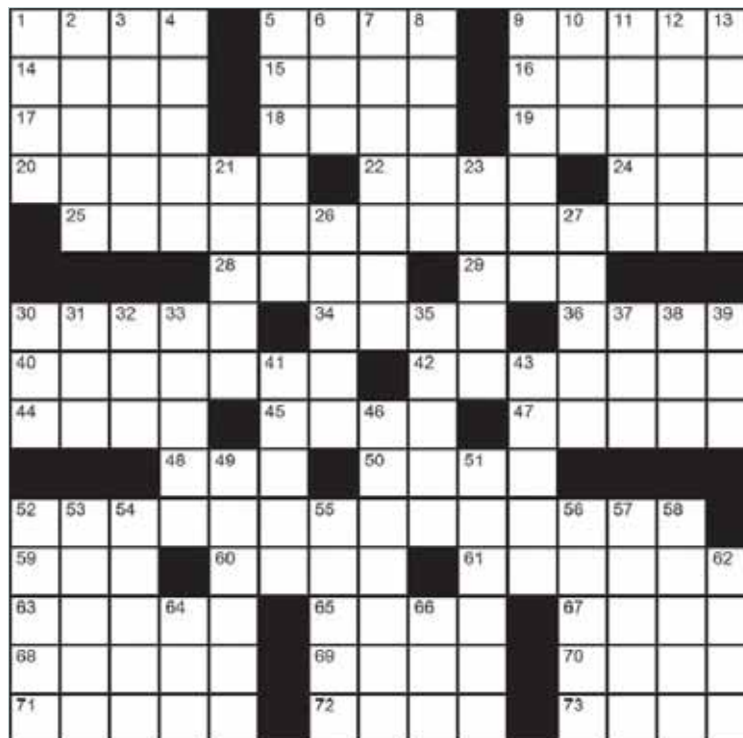
You don't have to give away all your worldly goods but you do have to do something to help people who are suffering in some way. Involve yourself in a bigger cause.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Bird for Hans Christian Andersen
5. Univ. teacher
9. Radiohead hit
14. Robin Cook's thrilling book
15. Since, to Robert Burns
16. TV feed's sound
17. In the crowd
18. Himalayas hairy humanoid
19. "Love, ___ O'er Me" by The Who
20. Early-'90s Canadian comedy series, "___ Mansion"
22. Like fine wine
24. Definite article
25. Aurora Borealis: 2 wds.
28. Arias, e.g.
29. Muck
30. Severus ___ (Character in 'Harry Potter' books)
34. Smidgen
36. Borscht ingredient
40. Keep ___ of the latest news
42. Set up
44. Gestures of affection for dogs
45. Bird beaks
47. Supplement: 2 wds.
48. Universal principle
50. Library verb
52. Gig for David Beckham: 2 wds.
59. For each
60. Manitoba community, ___ Lake



61. Tooth topping
63. Period
65. Seaport of Yemen
67. 6th Greek alphabet letter
68. Maiden name of Dixie Chicks member Emily Robison
69. Mr. Bridges
70. Mr. Stoltz

71. Edible seaweed
72. Biblical grandson
73. Unit of force

Down

1. Rip off
2. Shania Twain album: 'The ___ in Me'
3. ___ acid
4. Rock bottom

5. Hitchcock horror
6. Seedy sandwich selection
7. Toronto's locale
8. Fake
9. Fitness routine component
10. Ms. McClanahan
11. Ms. Wharton of books

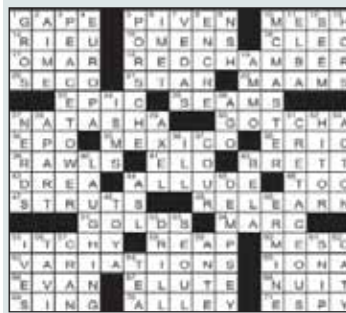
12. "___ Is Enough" (Old TV series)
13. Cornmeal breads
21. Sailor's status: 2 wds.
23. British composer of 'Pomp and Circumstance' marches, Sir Edward ___ (b.1857 - d.1934)

26. Upper crust
27. Spoil, as food: 2 wds.
30. Deplete, as energy
31. NFL, NHL ...and what else?
32. Mr. Linkletter
33. Plague, in Paris
35. Electroshock-er
37. "Howards ___" (1992)
38. Alter ___
39. British band, ___ Years After
41. ___ Owl
43. Inert gas
46. Manitoba city
49. Actress Ms. Dahl
51. Makes right
52. Hiked, as prices
53. Kind of jacket
54. Southern ___, as per accents
55. Related maternally
56. Groggy
57. Manicurist's tool, ___ board
58. Accept, as to a club: 2 wds.
62. Dainty fabric
64. Paris to Nicky, for short
66. Tokyo, formerly

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



20°/13°
Partly cloudy

Wednesday



17°/11°
Showers
60%

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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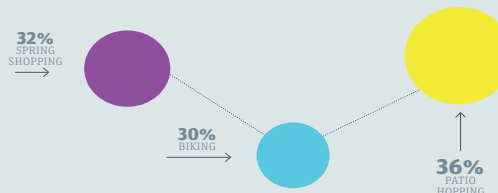
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Lunch meeting...on the patio!

We asked our Metropolitan Panel what spring activity they most looked forward to.*



Share your opinion. Join our Metropolitan Panel at www.metropolitan.ca
*Selections were not exclusive of each other and included other activities.

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TOWER 2

UNIT	VIEW	AREA	PLAN	TYPE	PRICE	MONTHLY
103	N	506	A3b	1 BR+FLEX	\$240,900	\$896
107	SW	756	B8	2 BR+FLEX	\$399,900	\$1,487
202	N	506	A3b	1 BR+FLEX	\$242,900	\$903
207	SW	756	B8	2 BR+FLEX	\$389,900	\$1,450
507	SE	760	B14a	2 BR+FLEX	\$389,900	\$1,450
653	N	506	A3b	1 BR+FLEX	\$248,900	\$926
752	NW	577	A6	1 BR+FLEX	\$279,900	\$1,041
855	E	454	A5	1 BR+FLEX	\$232,900	\$866
856	E	525	A4	1 BR+EB+FLEX	\$258,900	\$963
953	N	506	A3b	1 BR+FLEX	\$254,900	\$948
954	NE	584	A6	1 BR+FLEX	\$283,900	\$1,056
1059	S	517	A3a	1 BR+FLEX	\$251,900	\$937
1156	E	525	A4	1 BR+EB+FLEX	\$264,900	\$985

UNIT	VIEW	AREA	PLAN	TYPE	PRICE	MONTHLY
1207	SW	646	B1a	2 BR	\$349,900	\$1,301
1505	E	454	A5	1 BR+FLEX	\$242,900	\$903
2110	W	481	A1b	1 BR+FLEX	\$266,900	\$902
2208	S	513	A3a	1 BR+FLEX	\$274,900	\$1,022
2310	W	481	A1b	1 BR+FLEX	\$270,900	\$1,007
2603	N	506	A3b	1 BR+FLEX	\$286,900	\$1,067
2809	SW	646	B1a	2 BR	\$388,900	\$1,082
3005	E	454	A5	1 BR+FLEX	\$278,900	\$1,037
3009	SW	646	B1a	2 BR	\$399,900	\$1,487
3102	NW	879	C7	2 BR+FLEX	\$549,900	\$2,045
3204	E	650	C4	2 BR	\$394,900	\$1,468
PH3	NE	788	C8	2 BR	\$542,900	\$2,119



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